

HIGHLIGHTS

May 2003

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XVIII, No. 5

For Your Information...

Mentors Honored By County Supervisors

The contributions of CYS-PT mentor, Conrad Wilson and Aspen Community Services mentor, Nicole Mardaresco, along with 40 other County volunteers, were recognized by the Orange County Board of Supervisors at the Seventh Annual Volunteer Recognition held April 30. For more than nine years, Conrad has served as a mentor, positive role model and friend for CYS children with severe emotional and behavioral problems, including a child with Asperger's Syndrome, a developmental disability that impairs social interaction. Nicole, at age 24, has already impacted the lives of four children during her three years as a mentor with CYS-Project Together. Her involvement has helped these young people gain a sense of well being and has enhanced their self-esteem and confidence. To learn more about Conrad and Nicole, visit the County of Orange Volunteer website at www.ocgov.com. Click on "Volunteers/Internships," then click on 2003 Volunteer Recognition Awards.



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HIPAA and CYS-PT Mentors

By now you may have heard of the Health Insurance Portability and Accountability Act or HIPAA. As of April 14, this Federal law requires all health

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Mentoring is Magical

Mentors Honored for Service, Dedication in 2002-2003

Slight-of-hand magic acts, a unique comedy routine and musical entertainment made for a magical evening when Children and Youth Services-Project Together volunteers were honored at the Annual CYS-PT Mentor Recognition Dinner on April 23 at the UCI University Club in Irvine.



Michael Khoo, Aspen/Tustin Mentor

Children and Youth Services-Project Together volunteers were honored at the Annual CYS-PT Mentor Recognition Dinner on April 23 at the UCI University Club in Irvine.



Mentors (from left) Christine Lam, Viviana Paredes, Jackie Cruz and Melanie Lamoureux.

Julie Poulson, Health Care Agency Director, focused her remarks on the generous amount of time CYS-PT volunteers donate and dedicate to the program, adding that the 274 mentors matched with 285 CYS clients over the last year had contributed 27,813 hours of service. Additionally during this past year, she said that 136 community service volunteers contributed 438 hours of service by assisting with various fundraisers and special events. In total, 410 mentors and volunteers contributed a total of 28,241 hours of service to CYS-PT's various programs and activities. In dollars and cents, those numbers translate to nearly \$452,000 in avoided County costs.

The significant contributions of CYS-PT mentors were recognized, and the evening concluded with each mentor in attendance receiving a certificate of appreciation.

May Mentor Outing

Paint...Brushes... Scissors...Glue

Amazing creations can be crafted using the most basic tools; all that is necessary is your imagination. On Saturday, May 17 from 10 a.m. to 2 p.m., you and the child or teen you mentor will have an opportunity to experience a day of creative fun in Mile Square Park, Site #17, Fountain Valley. Wood items, scrapbooking materials and a pizza lunch will be provided. All you need to do is RSVP by May 15. Please call CYS-Project Together at 714-796-0100 or email your response to:

CYSPT@hca.co.orange.ca.us

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May 2003 Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714) 796-0100.

Saturday, May 10 Rancho Days Fiesta

Heritage Hill Historic Park
25151 Serrano Road
Lake Forest
(949) 855-2028

Mariachis, dancing, storytelling and living history characters will entertain visitors. The park's historic buildings will also be open for touring with costumed docents. Artisans and crafters will have their work on display throughout the park grounds.

Time: 11 a.m. to 4 p.m.
Cost: Free

Saturday, May 10 Walk with Butterflies

Peters Canyon Regional Park
18548 E. Canyon View Ave.
Orange
www.ocparks.com

Join Liz Cooper of the National Butterfly Association for an easy two-mile walk along park trails. Cooper will introduce visitors to the world of butterflies, including their habitat and tips on how to identify local species. Open to ages 7 and older.

Time: 9 a.m. to noon
Cost: Free Admission
\$2 parking fee (Mentors may use the Harbors, Beaches and Parks passes for parking.)

Saturday, May 10 Kapow: Blast into Art!

Laguna Art Museum
307 Cliff Drive
Laguna Beach
(949) 494-8971

Children enter the Museum to an array of ongoing hands-on art activities led by professional Laguna Beach artists. Also enjoy vibrant choral and dance performances, plus a unique and exciting Treasure Hunt with prizes.

Time: 11 a.m. to 3 p.m.
Cost: Free (Metered parking on adjacent streets)

Saturday, May 17 Hotrod and Custom Car Festival

Muckenthaler Cultural Center
1201 W. Malvern Ave.
Fullerton
(714) 738-6595
www.muckenthaler.org (click on Motor Car Festival)

Surf guitars and rock n' roll music, along with various hot rods and custom cars will be featured on the Muckenthaler's 8.5 acres of lawn. Food, vendor booths and exhibits will also be available.

Time: 8 a.m. to 2 p.m.
Cost: Free

Saturday, May 24 Art in the Park

Thomas F. Riley Wilderness Park
30952 Oso Parkway
Coto de Caza
(949) 923-2265
Hosted by the Mission Viejo Fine Art Society, this event features high quality artworks from many local artists and photographers.
Time: 10 a.m. to 4 p.m.
Cost: \$2 parking fee (Mentors may use the Harbors, Beaches and Parks passes for parking.)

For Your Information...

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care providers, health plans and health care clearinghouses to inform consumers of how their health information will be used or disclosed. As volunteers working with clients receiving health care treatment, all CYS-PT mentors will receive HIPAA training. Specific information regarding HIPAA and CYS-PT mentors will be available in an upcoming issue of Highlights. Your Regional Volunteer Coordinator will also provide training, if they have not already done so. General information on HIPAA can be obtained by going to www.ocgov.com/hipaa/.

Good News

Albertson's Community Partnership Cards, which allows Albertson's to donate a percentage of your purchase to CYS-Project Together each time you shop, can also be used at any area Sav-On Drug stores. If you do not have a card, contact a CYS-PT Regional Volunteer Coordinator.

HAPPY BIRTHDAY

Douglas Voorhees	5/7
Giancarlo Maniaci	5/8
Christine Ruby	5/9
Bob Walters	5/9
Lisa Voigt	5/12
Heather Murphy	5/13
Charles Blanford	5/16
Nicole Mardaresco	5/17
Michael Coffey	5/18
Melanie Lamoureux	5/21
Satoko Shikata	5/22
Anne Sullivan	5/22
Wendy McCarthy	5/23
Dave DeLuca	5/25

MAY MENTOR WORKSHOP

"Self-Esteem and Social Skills" will be addressed at the next Mentor Workshop to be held from 7 p.m. to 8:30 p.m. at five different locations throughout Orange County. Lee Boon, Regional Volunteer Coordinator for the South/Laguna Region, will present the workshop.

Mentors are asked to RSVP to one of the following workshops:

Monday, May 5
South Region Clinic/Laguna
21632 Wesley Dr.
Laguna Beach

Tuesday, May 6
West Region Clinic
14140 Beach Blvd., Suite 155
Westminster

Wednesday, May 7
South Region Clinic/Costa Mesa
3115 Redhill
Costa Mesa

Thursday, May 8
North Region Clinic
377 E. Chapman Rd., Suite 110
Placentia

Monday, May 12
Aspen Community Services/
East Region
1633 E. 4th St., Suite 120
Santa Ana

Your attendance will satisfy one of the three mandatory annual training workshops required by CYS-Project Together. Mentors are welcome to bring a guest. It is important to respond no later than two (2) days prior to the workshop you are planning to attend by calling (714) 796-0100 or emailing your RSVP to CYSPT@hca.co.orange.ca.us.

Mentoring Matters

WELCOME NEW MENTORS

Costa Mesa	Julia English Jennifer Feiholtz Miki Fujikawa Michelle Louie Wendy McCarthy Micah Schiesel Steffie Young
West	Yvette Gonzalez Shawneed Koop
South/Laguna	Sharon Claudius Missy Robinson Dina Stefani
East	Edgar J. Lara

THANKS TO THOSE WHO HAVE MOVED ON

South/ Costa Mesa	Anisha Gunaratne Wendy Flanigan Naoko Matsuo Satoko Shikata Donna Goodman
West	Naomi Nguyen Judy Sohl Nicole Yonke Julian Yoo
South/Laguna	Mark Breau
East	Mara McClain Maria Balderas

Therapist Spotlight

Jody Spellmeyer Utilizes Support Network to Help Clients Achieve Goals

Jody Spellmeyer, LCSW and a therapist with Children and Youth Services, West Region, learned early in her career that "for a child to grow, there needs to be a collective group of people willing to dedicate time and effort on behalf of that child." From that perspective, Jody brings together those who can help to make a positive change in the life of her clients.



Jody believes that "children need all the support they can get, from trying to manage their own behavior, to learning how to make good decisions for their future." Her goal is to provide promise and hope to each client she serves. To assist her, she connects with other networks that value a child's need for interdependence. Her supervision of mentors, interns and TBS coaches, in

addition to maintaining her own caseload, may seem tiring to some. However, Jody utilizes a combination of experience, clinical skills and commitment to both help her clients reach their goals, and to successfully guide those mentors working with her clients.

Christin Pawling, a mentor who has been matched with one of Jody's clients for nearly a year, remarked "Jody is great with supervision, and I feel comfortable talking to her about the challenges and triumphs of being a mentor." Alex Cortez, who is also supervised by Jody, said that Jody acknowledges the individuality of each mentor adding, "she is easy to talk to since she gets what I'm saying and provides good solutions to the questions I ask."

Jody remarked that her professional satisfaction comes from watching her clients accept change and begin to engage in healthy relationships. She cultivates this process by connecting her clients with people who are genuinely willing to share their time, attention and commitment. Her approach to treating children and families is reflective of her personality-- passionate, charismatic and approachable. She consistently teaches her mentors how to respond from a therapeutic perspective, and entrusts them to provide a support system that the child might not otherwise have. She teaches new techniques, focusing on one's own strengths and values that can produce positive change and growth opportunities for both the mentor and their mentee.

Jody's experience working with children and families is impressive, ranging from counseling sexual assault victims to teaching conversational English in Japan. A graduate of USC, she served as a therapist with Western Youth Services for approximately five years before coming to the County in 2000.

Diane Prescott, CYS-Project Together Coordinator/West Region, contributed information for this article.

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve.

Each month, we extend our thanks and give recognition to our caring donors.

Nickel Nickel Huntington Beach	Statek Corporation Orange
Dr. Chantel Daitch Westminster	Michelle Roth Santa Ana
Mary Herzog Laguna Beach	Antonio Larrea Brea

The Back Page



Classic Magic

South/Laguna Mentor, Chuck Blanford (left, seated) and his wife Pat watch in amazement as magician "Cardan" (right) performs his wizardry with a deck of cards at the recent CYS-Project Together Mentor Recognition. Looking on is Alan Albright, Division Manager, Children and Youth Services.

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West Diane Prescott (714)896-7570

Aspen/Santa Ana Adrienne Davalos (714)565-2830

Aspen/Tustin Ken Cornwell (714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together *Highlights*

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Address Correction Requested

